

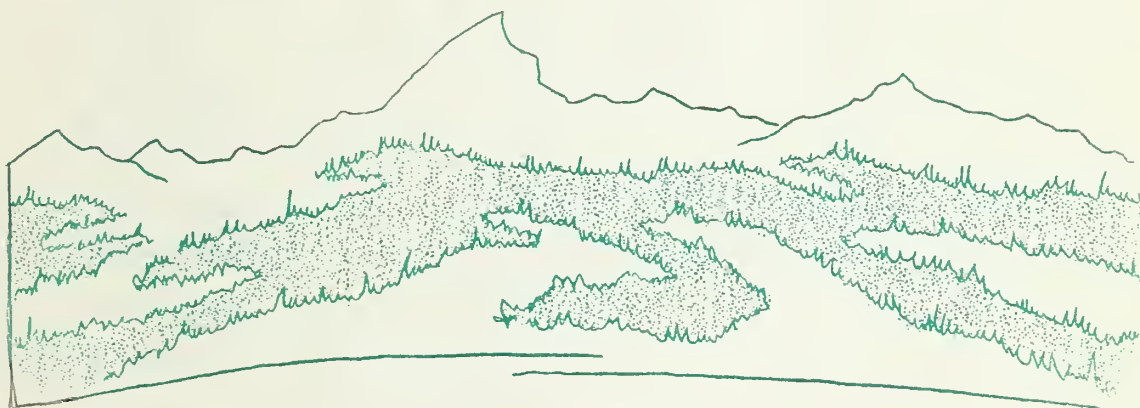
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THE MONTANA MAVERICK

A publication of Warm Springs State Hospital, Warm Springs, Montana

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with the assistance of patients
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MONTANA DIVISION OF MENTAL HYGIENE RECEIVES HONOR

The Division of Mental Hygiene received a most welcome "pat on the back" recently in the form of the awarding of a plaque and accompanying citation.

The Mental Health Authorities of the States of Colorado, Idaho, Utah and Wyoming and the Federal Department of Health, Education and Welfare in Denver, Colorado, awarded Montana the First Annual Achievement Award.

The Citation reads:

CITATION

For outstanding implementation of Montana's community mental health program, the Mental Health Authorities of Region VIII present this token of recognition to Dr. Stanley Rogers, Mental Health Authority of Montana, and to his able staff.

In the short period of one year Montana, through enabling state legislation, has regionalized the state and with support of citizens and professionals has established two Comprehensive Community Mental Health Centers. Citizen boards for two additional regions have been formed, establishing bases for further development of a truly state-wide comprehensive community mental health program.

For these accomplishments, Montana is the recipient of the First Annual Achievement Award presented by the Region VIII Mental Health Authorities' Association.

/S/ Wilfred H. Higashi, Ph.D.
Chairman
1967-68 Region VIII Mental Health
Authorities' Conference

We are most grateful for this honor and trust our efforts so far will lay a sound foundation for the future mental health programs in the State of Montana.

Stanley J. Rogers, M.D.
Superintendent and Director
Division of Mental Hygiene

A PROGRESS REPORT

One year ago, Dr. Stanley J. Rogers, Superintendent of Warm Springs State Hospital, in the lead article in the MONTANA MAVERICK, made reference to the challenge that faced us in conceptualizing and implementing new programs in the Multi-Purpose Building that was then nearing completion. This challenge was readily accepted and in the months that this building has been available, effective programs have been carried out and more have been planned for the future. We perceive an ever improving program, a transitional program, that will meet the changing needs of those persons who come to Warm Springs State Hospital for help.

In concept and design this new building is a truly multi-purpose facility, and in practice it is a center of a wide range of social educational, recreational, and other activities. As staff, equipment and ironically, patients become available, more specific and sophisticated programs will be developed. The early months of operation have been a learning experience for staff and patients alike. Change does not come easily, particularly for the long term hospitalized person, who saw a number of events that had for years been held in totally inadequate areas throughout the hospital, moved to a new facility in a different area of the hospital grounds.

In the recreational area of the Activity Therapies program, considerable stress is being placed on physical education or physical conditioning classes for both men and women. Over thirty of these classes are conducted each week, twelve for women and the rest for men. There are open recreation periods daily, for both men and women. Sports instruction classes are held several times weekly for those individuals who are interested in improving their game skills. An intramural sports program has been established, not only to provide a competitive setting and an opportunity for involvement, but to encourage patients and staff to be supportive of their particular teams.

Along with the broad schedule of physical education based classes, there is a wide range of social-recreational events, including: dances, birthday parties, movies, stage shows, musical programs, and other passive-type, large scale functions. The game room is available for those persons who wish to play, table tennis, pool, cards, and other table games. Special game nights are held frequently, with shuffle board, indoor horse shoes, ring toss, and other games of skill being the recreational tools used in these sessions. As staff and equipment become available, the corrective exercise program will be expanded. More sophisticated procedures will be utilized as the staff develops the requisite skills and experience.

The education program is designed principally for adolescents and young adults. Emphasis is placed on the utilization of programmed materials to prepare hospitalized persons for the successful completion of the high school equivalence diploma tests. Some students continue to receive their materials and assignments from their home schools, receiving assistance and supervision in their educational program from

the hospital teaching staff. We look for a broader range of educational pursuits in the future.

The expansion of the courses for homemakers and preparation for independent living for both men and women has been encouraging. It is planned to give instruction and practice in home arts and the activities of daily living, this program has the potential for aiding the hospitalized person to make a more adequate adjustment in the home and in the community. The assistance received in this program by, the Cooperative Extension Service, the Home Economics Education supervisor in the State Department of Public Instruction, and the Future Homemakers of America Chapters throughout Montana has been gratifying.

The general library, with the assistance of the Montana State Library, provides an increasing service. Daily and weekly newspapers, weekly and monthly magazines, as well as a sizable number of fiction and non-fiction books are available to the residents of this hospital. Books not in the library are often obtained from other sources by the librarian.

The location of both the Catholic and Protestant Chaplains offices in this community center enables the chaplains to more effectively utilize the worship center and other facilities of the building for their services. The coffee shop provides for the refreshment needs of patients, personnel, and visitors in a pleasant, comfortable setting.

The Multi-Purpose Building does not contain all of the functions carried on by the Activity Therapies Department or other services of Warm Springs State Hospital, however, it does provide facilities for a number of activities that previously could not be carried on due to physical plant limitations. It has enabled us to develop a community center in which we can offer a therapeutic program that meets some of the special needs of the hospitalized psychiatric patient. We anticipate expansion, intensification, modification, and sophistication of reality-based programs as we work together with the various hospital services in the effort to successfully meet the needs.

Louis W. Wurl, OTR
Coordinator, Activity Therapies

MONTANA ASSOCIATION FOR MENTAL HEALTH TO MEET

Although the Montana Association for Mental Health will meet in Missoula on April 18th and 19th, there will be a one day pre-conference meeting at Warm Springs State Hospital on Friday, April 17th.

NEW FACILITY, AID TO CHAPLAINS

For a truly religious man, God is the hub of life's wheel, the source of renewed life and of life's joy and love. And for that reason it is providential that the hospital's Worship Center and chaplains' offices are in the new Multi-Purpose Building, the hub of the hospital's life and the source of renewed life and joy and love for the patients. The restaurant and canteen, the recreational facilities, the library, the home economic and classroom facilities bring to both patients and staff renewed life and much love and joy. So also, the chaplains' offices and Worship Center bring to the patients and staff renewed life of the spirit, and love and joy.

This is in keen contrast to "B.M." (before Multi-Purpose). Sunday worship was held in the basement of the Warren Building, in a place sometimes referred to as "the hole." The chaplains felt they did not have to preach about hell while worshipping in "the hole." The humid heat and noise emanating from the exposed steam pipes, together with the poor ventilation was hell-enough without talking about it. Furthermore, the chaplains' offices were in the hinterlands of the hospital: one up on the third floor of the clinic building, the other on the second floor of the always-locked portion of Bolton. Now the chaplain can be easily found, just a few steps from the canteen, at the very center of hospital life.

Much by way of counseling, spiritual direction and education takes place in the chaplains' offices, nicely decorated, carpeted and invitingly comfortable to the patients who seek the chaplains' help. Storage rooms off each office are stocked with paraphernalia for religious education and worship.

Sunday worship services, and also services on such days as Christmas, Thanksgiving, and Good Friday, are conducted in the auditorium-gymnasium. A crew of staff and patients efficiently convert the area into the Worship Center. An excellent organ, piano and public address system help to make the services more meaningful. A beautiful altar and other sanctuary furniture are stored in a room to one side of the Worship Center.

Much credit and thanks goes to Dr. Stanley Rogers, hospital superintendent, for his discerning decision to situate the Chaplains' offices and Worship Center at the hub of hospital life.

Father James Flynn
Catholic Chaplain

A NEW HEATING PLANT FOR WARM SPRINGS STATE HOSPITAL

On April 28, 1966 the State Controller instructed R.L. Preussing Engineers, Inc. of Billings, Montana to perform a study of the central heating plant and underground steam distribution system at Warm Springs State Hospital. This study was completed in November, 1966. In view of the age and condition of the old heating plant (two boilers were over sixty-eight years in service), it was recommended that a completely new steam generating system be installed. Although the building housing the old plant was in fair condition and could be repaired, the difficult job of keeping the old plant going while installing a new plant in the same building would cost much more than housing the new plant in a new building.

Late in 1966, Pacific Consultants, a Billings, Montana engineering firm was commissioned to design a new steam generating plant for Warm Springs State Hospital. After an exhaustive research of the present and future needs of the hospital were conducted and after many meetings between Pacific Consultants, the Division of Architecture and Engineering, and hospital personnel, the requirements were established. The field crew of Pacific Consultants spent considerable time at the hospital during 1967. This time was spent gathering engineering data on the various buildings, the steam tunnels, the steam distribution and return lines, and the soil characteristics. After evaluating this information, a site was picked for the new plant and the project progressed to the drawing board.

The new plant will be located 165 ft. north of the present plant. The building will be constructed of precast concrete panels with exposed aggregate. The dimensions of the new building are 84 ft., 1 inch east to west, 60 ft., 6 inches north south. It will be 30 ft. high and will extend almost 22 ft. below the surface of the ground. The precast panel construction permits the building to be enlarged in the event that this should be necessary. During the drawing board stage, various proposals were submitted to the engineering department and hospital personnel. All were duly considered and evaluated. The plans that resulted from all of the meetings, research, and work were approved in September, 1968.

The present central heating plant consists of six boilers. It is interesting to note that all boilers now in use were purchased second hand. Boilers 1 and 2 were originally put in service in 1900 in Clinton, Montana. They were purchased by the state and installed in Warm Springs in 1919. Boilers 5 and 6 were installed in their original settings in Alaska in 1915, purchased by the State of Montana, and installed in Warm Springs in 1922. In the aggregate, the six boilers were capable of producing 21,500 pounds of steam per hour. The steam load connected to the central plant is 19,600 pounds of steam per hour. In cold weather, if one boiler were to develop trouble and had to be shut down for repairs, the remaining five boilers could not produce enough steam to supply the demand. Most of the remainder of

the equipment in the old plant is of approximately the same vintage as the boilers.

The new heating plant will have only two boilers, each of which will be capable of producing twenty-five thousand pounds of steam per hour continuously and, in an emergency, each boiler can produce almost twice that amount. The pressure of the new boiler will be 125 pounds per square inch. This is the pressure necessary to operate various equipment in the laundry. The steam pressure for use in other processing loads and the heat load will be reduced as required through the use of special pressure reducing valves. It is hoped that after the new steam generating plant is completed and producing, the construction of the next phase of our heating system will start. That phase is now on the drawing board and consists of all piping, valves, pumps, expansion joints, steam traps, etc. used to carry the steam to the individual buildings and return the condensate again to the heating plant.

In the hospital complex, there are seven patient occupied buildings having their own individual steam generating boilers. The steam consumption of these seven buildings add up to approximately 13,200 pounds of steam per hour. In the second phase, it is possible that some of these buildings may be added to the central heating plant. For economy, as money becomes available, it is hoped that eventually all seven of these buildings may be added to the central heating system. November 20, 1968, bids submitted by several general, mechanical, and electrical contractors were opened in the Capitol Building in Helena. Shortly thereafter, contracts were awarded as follows:

General construction contract—Knuckey Construction Company of Butte

Mechanical contract--The Reber Company of Helena

Electrical contract--The Reber Company of Helena

On February 4, 1969, the general contractor broke ground and finally, at long last, construction is underway. If the plant is completed within the time limits specified by the contract, our new heating plant should be operating long before the cold weather of next winter arrives.

Charles Martin
Maintenance Supervisor

"HAPPINESS IS FUTURE HOMEMAKERS ASSOCIATION
HELPING AT WARM SPRINGS"

One of the state-wide projects for the FHA Chapters for 1968-69 focused on providing the home economics areas in the Multi-Purpose Building with needed equipment. More information regarding this program will appear in the next issue of the MONTANA MAVERICK. For the meantime, Thank You, FHA'ers.

SOME THOUGHTS ON CUSTODIAL CARE

In the process of reviewing patients situated on the long term treatment wards of the hospital, one is struck by the apathy and hopeless attitude of all concerned. This has prompted some thinking about what underlies this attitude and what might be done about it.

In any state hospital there seems to exist a two-fold *raison d'être*. The primary responsibility today is considered to be treatment followed by a patient's return to his place in society. The second reason for existence of the state hospital is often brushed under the carpet of forgetfulness. This is the care of patients who do not respond to treatment and become custodial cases. It is this second group which too often becomes the "forgotten" and for whom a change of philosophy of institutional treatment is needed.

We speak of the "custodial" patient. Custody implies that someone is under the immediate charge and control of another. This relationship often is seen as unalterable. The one who is controlled retains little, if any, dignity, and the controlling person often gives only as much of his time and initiative as is necessary to maintain life itself.

Even when we use the title "long term treatment", there is a certain ennui on the part of those caring for the patient, because everyone likes to see results, and it is difficult to maintain interest and continued activity when there seems to be no return. When the care-giving personnel are able to sustain their efforts, some long term treatment patients can eventually benefit and so can return to the mainstream of life in society. Others, however, are destined to remain in the back waters for their remaining days. The question is--can this backwater of life be made more pleasant and more satisfying?

A hospital which encompasses in its philosophy a recognition that for some patients the hospital ward is their life and their home can do much to make the ward a better place to live.

Picture in your mind what would happen if the care giving people of the hospital had an attitude that included the following--An acceptance that each patient is an individual who needs to be understood and accepted.--A realization that patients, because of their illness, need continuing encouragement to do things that we take for granted in a healthy person.--A willingness to extend the helping hand repeatedly in spite of rebuffs.--An initiative in planning and working to make life on the ward more pleasant. A dedication that makes every effort to benefit a patient is its own reward.

Gregory Jacobs, ACSW
Director
Social Service Department

DIVISION OF VOCATIONAL REHABILITATION
AT WARM SPRINGS STATE HOSPITAL

Prompted by forthcoming legislation and increased need, the Montana Division of Vocational Rehabilitation established an office at Warm Springs State Hospital in September of 1964. This was made possible through the cooperation of the State Hospital and Vocational Rehabilitation, with an Extension and Improvement Grant. The office is staffed by a 3/4 time counselor and a full time secretary, and continues to this date supported by regular case services monies.

To be eligible for services the patient must have a disability that is considered to be of so severe a nature as to be a handicap to employment and a reasonable expectation that DVR services will render the individual capable of returning to gainful employment.

Based on past experience, and figures thus far this year, approximately 225 patients will apply for services in fiscal 1969-1970. About 125 will complete the application process and be accepted. Depending upon individual need, these people will receive services ranging from vocational guidance and aptitude testing to physical and/or mental restoration, training, and job placement. Approximately 35 patients will have benefitted from services to the extent that their case can be closed as they are gainfully employed and no longer in need of DVR services.

The primary job of the State Hospital counselor is to complete as much of the application process as possible. This includes as much counseling, guidance and aptitude testing as is feasible in the time remaining before discharge. The applicant is then referred to the DVR counselor in the applicant's home area. In addition, statistics are being kept on all State Hospital patients who are referred to DVR after leaving the hospital. This gives a more accurate account of the number of former mental patients who are being rehabilitated to employment, or, at least, aided in their effort to maintain their livelihood outside of the hospital.

In some cases, the only hope for release the patient has is through our Vocational Rehabilitation Services. Some of these patients have been in the hospital since childhood. It is with the long-term patient that the greatest need exists and it is here that the greatest potential lies.

With additional Activity Therapy staff and their expanding program, more DVR referrals will be involved in vocational and attitudinal evaluation by that department. The results of an evaluation by this staff will figure highly in establishing the patients feasibility for services. An in-hospital assessment of the daily living capabilities and vocational and educational aptitudes and interests of a patient is essential to the success of the program out of hospital. We are in hopes that, through the continued cooperation of Montana DVR and Warm Springs State Hospital, the program of services available in-hospital can be expanded to more adequately meet the patient's needs. This will increase the chances for success of the patients referred for services when leaving the hospital and enhance the quality of DVR servies to the mentally restored.

Charles F. McCarthy, Counselor
Warm Springs State Hospital

FOSTER GRANDPARENT PROJECT

If you are sixty years of age and older, come from a special income bracket and have a need of being a useful part of the world you helped make, fill out an application for work as a Foster Grandparent.

Ten senior citizens from Deer Lodge and Anaconda made themselves available and were selected to take part in such a Foster Grandparent project at Warm Springs State Hospital. This project is sponsored by the Mount Powell Economic Council Inc., in Anaconda through the Office of Economic Opportunity.

On November 4th, 1968 the ten prospective Foster Grandparents began their two weeks of orientation at the Hospital. At the conclusion of the orientation period, each Foster Grandparent was given opportunity to select a special Grandchild from Mitchell 26.

Unit 77 was painted. Individual lockers for the children and the Foster Grandparents were installed. A living room area with overstuffed chairs, couch, floor lamps, rug, coffee table, and end tables was set up. Blackboards and bulletin boards were hung on the walls. Tables and chairs were moved in for use at meal time and during the educational periods. A punching bag was installed for use in releasing frustrations. A piano occupies a small part of the space left for group games and exercises.

This group of twenty meet for four hours daily, Monday through Friday. The first hour is spent at the dinner table. Here the Foster Grandparent sits with the child, is mindful of the acceptable table manners, suggests good eating habits and encourages the child to do for himself as much as possible.

The second hour to hour and a half is devoted to education. Due to the short attention span of most of the children, it is necessary to use varied teaching projects during this time. Each Foster Grandparent sits with his or her Grandchild and works individually with him. The Grandchild will be increasing his or her skills in reading, coloring, counting up to the number ten by rote memory, matching colors and shapes, making the letters of his or her name, recognizing numbers, naming objects found in pictures, identifying colors and letters of the alphabet.

The third period is spent playing and learning group games, listening to a story told with the use of a flannel board, singing songs, and doing physical fitness exercises.

The fourth period is taken up by varied special activities. Mrs. Betty Nason, Home Economics instructor spends an hour on Tuesday and Thursday introducing the children to varied arts and crafts. Sister Maris Stella, Music instructor, conducts a rhythm band every Thursday for an hour. Every Wednesday, the children spend time in the Canteen accompanied by the Foster Grandparents. Friday there is a social hour with refreshments and supervised play. Monday an hour of social interaction and supervised play.

FOOD SERVICE PLAYS IMPORTANT ROLE

Food service constitutes one of the major areas of responsibility at Warm Springs State Hospital. Over 500,000 meals are served each year from three service kitchens. The diet kitchen in the basement of the General Hospital prepares and serves about 750 meals each day and the Receiving Hospital kitchen prepares and serves another 350 meals daily. All other meals are serviced through the main kitchen.

During fiscal 1968 the raw food cost for all meals was \$417,868, about 27 cents per meal. For the next biennium the administration has requested additional funds for food so that the dietary balance of the meals can be improved, by the addition of more fresh fruits, vegetables, and other expensive nutritional foods.

Mr. John (Ed) Tabor, food supervisor, has had a successful career as a professional chef. He has recently completed a course in dietetics sponsored by the State Board of Health. Mrs. Margaret Craig, a professional dietician, acts as consultant for the department. About 65 persons are employed in the food section. Salaries and benefits in fiscal 1968 totaled \$348,772.

Plans are underway for a new general hospital. These plans will necessitate an enlargement and improvement of the present food service preparation area, as well as the improvement of the distribution and serving areas in those units where the residents are unable to go to the central dining facility to eat.

In order to upgrade the quality of the diet and the service of the food, we will need and have requested an increased appropriation. We are hopeful that our budget for the next biennium will allow us to do both.

Waldo Ekegren
Business Manager

* * * * *

FOSTER GRANDPARENTS CONT

Field trips are planned periodically. Around Christmas time the group went into Anaconda, shopped for Christmas toys, for needed clothing, and had lunch at the Park Cafe. It was a long day. Everyone, Foster Grandparents and children, got along nicely and all had an enjoyable time. The Sigma Rho Fraternity at Montana Tech invited the children and their Grandparent to the annual Christmas party. Everyone enjoyed the refreshments and festive activities. With spring and the summer months ahead of us, we are looking forward to field trips involving picnics, swimming, fishing, nature studies, Columbia Gardens, and many other fun things.

Kay Slezak, R.N.

EASTERN UNIT ACTIVITIES

It was a long hard winter and Eastern Unit activities hibernated awhile. Now that the sap is flowing so are the ideas. Our first thought is an enlargement of last years garden. Although there were a few problems with it, generally it was successful. We intend to diversify and increase our crops with a resulting increase in the number of people who can engage in the activities. Hopefully the garden will produce even more this year for our fall bazaar.

Exercise classes have been conducted by Eastern Unit personnel for women for several months. About two months ago classes were initiated in the Multi-Purpose Building for male patients. With warmer weather perhaps a jogging group can be started, along with the usual nature and rockhound hikes.

Both men and women participated very well in the home economics classes. We feel very strongly that these classes are therapeutic and excellent preparation for successful discharge. Many men were at first hesitant to enroll in the "Preparation for Independent Living" but now we find the majority eager to participate. Most find it beneficial and say so.

The school program at the Multi-Purpose Building has been followed with interest. There have been Eastern Unit patients continuing their high school studies as well as preparing for CED examination. The school program has filled a previous void which existed for younger patients.

The important point is not the activity, precisely, but the fact that more and more people are becoming involved; not only a physical involvement in a physical or intellectual activity, but an emotional involvement in self advancement.

Harry C. Xanthopoulos, M.D.
Director, Eastern Unit

ANOTHER FIRST FOR WARM SPRINGS STATE HOSPITAL

A first in the hospital school program was accomplished recently. Kathy Bryan, school instructor, has been preparing both adolescents and young adults for the High School Equivalence Diploma Tests. Two of the students took the examination a few weeks ago, and one of them passed all sections of the tests with considerably better than average grades, the other student handily passed most sections, but fell short by less than two points in two units. We are pleased to see hospitalized persons completing their high school work and receiving their High School Equivalency Diplomas.

